



Irving Recreation Center Camp Energy Newsletter

Summer 2011

Week 8 (June 18—22)

IMPORTANT REMINDERS:

- Our camp rules are “Be safe. Be respectful. Be responsible.”
- Pack a sack lunch for your child. Microwave use will not be an option.
- Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.
- Leave valuables at home (including money, portable video games, etc.)
- Label your sunscreen with your camper’s name.
- Do not hesitate to ask when you have questions or comments.



ENERGY THEME: ACTIVITY!

Last week we learned that staying in Energy Balance is good for all 5 parts of our bodies. This week we will learn about why exercise is important, too. Kids should get at least 60 minutes of activity every day to stay healthy. Being active helps burn off extra calories our bodies don’t need. Best of all, it makes us feel healthier so we feel good and can have more fun. This week we’ll review the 3 different types of physical activity we have been doing at camp: heart-pumping activities, muscle building activities, and stretching activities.

THIS WEEK’S HIGHLIGHTS

Monday

Tennis and Swimming today! Be sure to remember your swimsuits. We will swim at Irvingdale Pool from 11:30 to 1:00 and will be doing an acting workshop in the afternoon.

Tuesday

We will be going to the library at 9:00 in the morning followed by tennis lessons. Active and inactive game rotations are scheduled for the afternoon.

Wednesday

Today we will be swimming from 11:30 to 1:00. Our theme this week is Water Day. We will be doing various activities involving water games so be sure to bring a swimsuit.

Thursday

Today is our field trip day and we will be going to Grand Island Oasis Water Park. We will be picked up from the center at 9:00 a.m. and dropped back off at the center around 4:30. Please plan your rides to and from camp accordingly!

Friday

Movie Day! We will be doing various activities throughout the day, including Disc Golf and a craft, followed by a movie to wind down from an active week.

Fitness Focus: Heart-Pumping Activities, Muscle-Building Activities, and Stretching Activities

EMAIL NEWS

Don’t miss a newsletter and have other important weekly information delivered directly to your inbox! Update your email address with the rec. center office to make sure you stay current on all there is to know about Summer Day Camp at Irving Recreation Center.